

POINTER VIEW®



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SEPTEMBER 22, 2011



Steelman leads Army to first win

Junior quarterback Trent Steelman dives into the end zone for one of his three touchdowns over Northwestern as Army defeated the Wildcats 21-14 at Michie Stadium Sept. 17. Steelman finished the game with 108 yards rushing to lead the Black Knights (1-2) to their first win of the season. For a preview of this weekend's game at Ball State, see page 16.

TOMMY GILLIGAN/WEST POINT PUBLIC AFFAIRS

WPMS only DoDEA school to earn Blue Ribbon

Story and photo by Kathy Eastwood
Staff Writer

On Sept. 15, David Rudy, principal of the West Point Middle School, learned the school was named a 2011 National Blue Ribbon school by the Department of Education.

The WPMS is one of 304 National Blue Ribbon schools in the nation and the only Department of Defense Education Activity School to receive the distinction this year.

Although Rudy was aware of the Blue

Ribbon distinction by 10 a.m., on the day the announcement was made, he "was sworn to secrecy" until 2:30 p.m.

It was then that Rudy called all the teachers to the WPMS conference room for a teleconference with Dr. Mike Gould, Superintendent of DoDEA's New York/Virginia/Puerto Rico District and Dr. Linda Curtis, acting DoDEA director, to announce the award.

"We looked at the way you are challenging yourselves, how you expand on differentiated

instruction, which is very challenging for a middle school, and the way you challenge your students to learn," Gould said. "WPMS has consistently placed students above the 88th percentile in standardized testing.

"The faculty, staff and administration foster a culture of high expectations for all students and they are committed to student success," he added. "This group of professionals and the supportive school community are a team that truly deserves this recognition."

After the announcement, Rudy commended the teachers for their continuous dedication to educating West Point children.

"No matter what I throw at you, you always go for it," Rudy said. "We have incredible support from the community, the garrison and parents who are very involved with their children's education."

The Blue Ribbon Program is a part of the Department of Education's effort to identify and disseminate best school practices and

See **BLUE RIBBON**, Page 2

Even at your darkest hour, stay resilient

By **Wayne Johnson**
Army Substance Abuse Program
Manager

I am a retired Marine, but, nevertheless, a Marine and I will be laid to rest, eventually, as a Marine with a full military burial. I am tough, I am strong and I am a winner—this is what I really believe. It was ingrained in me from the day I entered the Corps.

I had buddies, guys I could depend on to have my back, especially if I got into a fight. My friends were there and we were a team and with them I could not fail. But one day I did fail.

I came to a crossroads in my life that caused me to question everything I believed and trusted in, including my wife, friends, family and spirituality. I questioned my right to live and told myself winners do not fail. The thing that was driving me crazy was my job. I had run into a situation that I felt was unfair, but I also felt that my command had deserted me without justification.

The latter part, the desertion in particular, was extremely difficult because I told myself I had been loyal to my leadership, I had been a company man and dedicated myself to the mission and everything the leadership wanted from me.

I felt I was the worst person alive, especially since my leadership appeared to be literally throwing me under the bus. I felt I had fooled myself about who I really was in my mind and heart. As I lay in bed at night, unable to sleep, unable to find the answers to “why,” the night sweats started and the horrible dreams came—one after the other. I found a way to justify a reason to end my miserable life—it was clear and simple to me. I would take my life and relieve myself and all the people who I felt had deserted me with the satisfaction of not having to live with a failure—someone whose persona was a lie all along.

On one Friday night after tossing and turning for what seemed to be hours, I got out of bed and thought I would write a note to say all the things I felt were necessary, but I knew it really didn't matter.

I am Catholic, so I knew I was going to hell anyway for this sin, so why apologize? I went to the kitchen and took a knife from the cabinet and sat on the couch. I told myself “you are not going to drink while doing this” because I was not going to die drunk and give someone the satisfaction of saying I had to drink to kill myself.

I took the blade of the knife and placed it right above my right palm, on the vein running toward my thumb and it seemed that, even in the dark, things were so easy to see. There was no question in my head about it—that this was right. No question of what my wife was going to say when she saw me in a pool of blood. I just thought I would not have to deal with this anymore and my family would be relieved of not having to live with a loser.

Slowly, I started to push down on my skin and I could feel the sting of the blade as it started to part the surface. I saw blood begin to form on the side of the blade and then I heard a sound I have not heard before and realized I was crying. I looked at the table for something to dry my eyes, because I didn't want anyone to believe I had gone soft, and, as I looked down, there was my dog, Sophie.

Sophie had a strange look in her eyes and, maybe it was my imagination, but I thought I'd seen tears running down her eyes as she kept looking at me as if she was trying to say something but could not find the words—so she cried.

I found it amazing that this year the Army Suicide Prevention Program theme was “Resilience.” The ability to recover readily from illness, depression and adversity. This is one of the definitions for resiliency.

Sophie was my wake up call. She was the

force that night that helped me realize that my resilience is strong. She made me realize in her way that I was needed—I did matter. I am lucky today to believe as I did then that my spirituality made me accept that everything in our life does matter and there is someone or something that has the answer, but only if we listen.

I know now that spirituality alone does not mend a wounded mind. The next day, I worked up the courage to walk into the emergency room. As I entered the emergency room, I noticed all the people there had physical illnesses and it struck me that I had gone to the ER many times for physical injuries and I never hesitated to ask for help. However, when it came to my mental health, I felt there was no one to ask for help. I sincerely believed it would have been a sign of weakness.

I realize now that I was wrong and to be resilient you must be mentally strong as well. There are times you must ask for help—it is ok to do that. I now fully understand that concept.

I know now there are times when the stresses of life start to drown my way of living, and, when that happens I need to get help so my mind can stay strong.

I know now that if I am suffering, the people in my life whom I work with and my family and friends are also suffering with me. I would not want to bring anymore pain onto them.

So if you have some anguish in your life, reach out, speak up and ask for help. Give family and friends a chance to speak and let them help you get the right medical attention. No matter how strong or how much of a winner you are, you need help sometimes.

BLUE RIBBON, cont'd from Page 1

leadership. The Blue Ribbon School award honors public and private elementary, middle and high schools that have helped close the achievement gap and whose students attain and maintain high academic goals. West Point Middle School is among the more than 6,000 schools that have received the award over the past 28 years.



David Rudy (far left), principal of the West Point Middle School, and teachers listen via teleconference as Dr. Mike Gould, Superintendent of DoDEA of New York/Virginia/Puerto Rico District, announces that the WPMS is one of 304 schools selected as a 2011 National Blue Ribbon School Sept. 15.

Solution to Weekly Sudoku

2	3	4	7	8	1	6	9	5
8	5	6	3	9	2	4	7	1
9	1	7	4	5	6	3	8	2
6	9	8	2	1	3	7	5	4
7	2	1	6	4	5	9	3	8
3	4	5	9	7	8	2	1	6
1	6	9	5	2	7	8	4	3
4	8	2	1	3	9	5	6	7
5	7	3	8	6	4	1	2	9

See SUDOKU PUZZLE, Page 12

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West Point AOG presents Pixler with Nininger Award

Story and photos by Mike Strasser
Assistant Editor

Every year since 2006, the West Point Association of Graduates awards a member of the Long Gray Line who has demonstrated heroism in the service of the nation while representing all who live the West Point motto “Duty, Honor, Country.”

On Sept. 14, the Alexander R. Nininger Award for Valor at Arms was presented to Capt. Ross Pixler, an infantry officer currently serving as a company commander at Fort Drum, N.Y.

Pixler, a Class of 2005 graduate, was a nuclear engineering major at West Point who was active on the sprint football team and in the Sandhurst Military Skills Competition.

His graduating class was just a couple weeks into their first academic year when the 9/11 attacks would shake the country to its core. Pixler was sitting in chemistry class when he heard the news. He admitted being only slightly aware then of how the day would forever affect his life, the lives of his classmates and still those entering the academy today. In receiving the award, Pixler said it was an honor to represent the Long Gray Line, particularly those who made the ultimate sacrifice.

Pixler told the Corps of Cadets that his 15-month deployment to Iraq was one he did not expect to return home from. As a platoon leader, Pixler and his Soldiers sustained more than 30 attacks by improvised explosive devices, six of which detonated on their vehicles. Combined, the platoons of that company fought more than 80 attacks on their combat outpost and joint security station.

“I owe my life to the Soldiers of 3rd Platoon and Hardrock Company of the 1-15 Infantry, 3rd Brigade, 3rd Infantry Division,” Pixler said. “Their heroism and courage under fire was shown every day, every patrol, every contact. Their bravery and determination earned the valorous awards I have received, including the Nininger Award. I have witnessed numerous and frequent acts of valor by my Soldiers.”

Pixler shared one story of valor where a Soldier was trapped under a Bradley vehicle by some concertina wire caught in the wheels during a joint cordon and search mission. Ordinarily, this would have been an easy fix but they were in the midst of an ambush and the vehicle was moving to draw enemy fire away while locating their positions. The vehicle’s main gun could not fire without causing more damage to the Soldier’s leg and they couldn’t free him before first removing the armor tiles and metal plates.

While the vehicle’s side skirts were being dismantled, Pixler maneuvered the remaining squad against the enemy—deployed 150 yards away—and called for fire support. Three Soldiers stood in front of their trapped comrade, shielding him from enemy fire.

“Think about that,” Pixler said. “His fellow Soldiers instinctively put themselves in the line of fire to protect their comrade, spraying suppressive fire on the enemy without any cover or concealment. By the grace of God and the quick thinking of the Soldiers, not a single member of our joint patrol was killed.”

Lt. Gen. David H. Huntoon Jr., West Point superintendent, described Pixler as both a warrior and leader of character.

“His story reflects core ethical values, first nurtured by his family, then further developed here at West Point and then shaped by the Army that he so greatly serves,” Huntoon said. “That journey of leadership development led to the accomplishment of his mission while taking care of his Soldiers in the unforgiving crucible of combat.”

Huntoon said there’s often quick turnaround time from cadet to combat leader and Pixler demonstrates the leader who can answer the call of duty without hesitation.

“In our Army today, our graduates lead from the front and get the mission done in harm’s way just as the Long Gray Line has done for over 209 years,” Huntoon said. “Ross, you embody the Warrior Ethos and you make us very proud ... proud of your service to our nation and proud of your character and your courage.”

The Nininger Award is named in honor of Lieutenant Alexander R. “Sandy” Nininger, a Class of 1941 graduate on whom the Medal of Honor was posthumously conferred for heroism in combat in the Philippines during the early stages of World War II. It is intended to recognize the personal valor of the recipient, but also to acknowledge the bravery of all



(From left) Jodie Glore, chairman of the West Point Association of Graduates, and Lt. Gen. David H. Huntoon, West Point superintendent, presented Capt. Ross Pixler, Class of 2005, with the Alexander R. Nininger Award for Valor at Arms Sept. 14 in front of the Corps of Cadets and invited guests at a ceremony hosted by the Association of Graduates in Washington Hall.

West Point graduates who have heroically led Soldiers. In a larger sense, this award speaks to the selfless sacrifice and courage of all American Soldiers in every

conflict of this great nation,” Huntoon said.

Since the inaugural award was presented in 2006, Pixler is the third member of the Class of 2005 to be selected.

Advice shared with the Corps of Cadets

Pixler told the Corps of Cadets to cherish the bonds they’ve developed at the academy and prepare to make new ones after graduating from West Point.

“You are preparing to join an incredible brotherhood,” he said. “In it, you are never alone, never without a helping hand. Those on your right and left will swear, fight, cry and sometimes bleed with you. But remember—we share something that no club, fraternity or sorority can possibly replicate. Our unity is sewn with the seeds of duty, honor and country, and cultivated every day by our commitment to the mission and to each other.”

With that said, he offered advice to the Corps:

- Trust your subordinates. “I trusted my NCOs,” he said. “I will never forget the coaching, teaching and mentorship of the NCOs with whom I served.”

Pixler also named three senior officers who provided the guidance he needed and put trust in his leadership which furthered his development as an officer.

- Cultivate courage and loyalty in your Soldiers.

“You will serve under a leadership covenant with your Soldiers,” Pixler said. “My Soldiers and NCOs instinctively placed themselves in harm’s way, and I witnessed similar acts of courage on a daily basis. It will



Capt. Ross Pixler addressing the Corps of Cadets Sept. 14.

be your duty to cultivate that courage and loyalty by serving your incredible Soldiers. Never lose sight of that awesome responsibility nor forget the principle that you, as an Army officer, are a servant to your Soldiers—not the other way around.”



Monday Night Football

(Above) Seventy-five cadets unfurled a ceremonial American Flag prior to the kickoff of the Giants-Rams game Monday at MetLife Stadium in East Rutherford, N.J. (Right) Hall of Fame linebacker Lawrence Taylor meets a group of cadets before the pre-game festivities.

PHOTOS BY TOMMY GILLIGAN/WEST POINT PUBLIC AFFAIRS

Junior Leader Panel offers insight to life after West Point

Story and photo by Mike Strasser
Assistant Editor

There was a lot to see and learn Sept. 15-17 during the Junior Leader Panel and Combined Arms Tailgate.

For many, it was an opportunity to sit with junior officers representing all the Army branches and discuss the things cadets will most likely experience at their first duty station. For others, it was a chance to see some of the equipment they use in the field parked right on Thayer Walk.

During a discussion about the expectations of a platoon leader, seven captains representing Infantry, Aviation, Signal, Transportation and the Adjunct General branches described the challenges cadets will face after graduating from West Point.

"It's a combined arms fight now," Capt. Brandon Thomas told the group at Arnold Auditorium. "No matter which branch you go, you will be a valuable asset to the Army."

Thomas, an Armor officer, said he has seen the joint fight in operations while deployed to Iraq.

"I've worked with aviators, engineers, transportation and EOD—the full spectrum and it's been a great experience," he said.

Capt. Carson Shrode, a field artillery officer, told the cadets he didn't get his first branch choice after graduating from West Point in 2007.

"Don't sweat it if you don't get your first choice; I didn't get mine and it has completely worked out for me," Shrode said. "I've been in field artillery for 4 1/2 years and I love it. I wouldn't trade it for any other branch now."

Capt. Zachary Keefer, a Class of 2005 graduate, currently serves as a BOLC instructor at Fort Rucker, Ala. As an aviation officer and Black Hawk pilot, Keefer said he knew all along he wanted to branch aviation,

but seeing the Black Hawk during summer training at Camp Buckner solidified his choice.

Capt. Thang Tran, a Class of 2007 graduate who served as a rifle platoon leader in Afghanistan, advised the cadets to go beyond familiarization and master every weapon in the armor room before graduation.

"You need to be on par with your Soldiers from the start. You can prepare by mastering all Level I skills now," he said.

Cadets may experience live fire exercises during summer training, but Tran said within a month after being assigned to his unit he was planning one for his Soldiers. Knowing how to plan and coordinate training exercises would be advantageous for cadets to learn ahead of time.

Among the various leadership forums and branch open houses scheduled, the West Point Negotiation Project hosted a leader's panel where officers focused on how negotiation skills and relationship building on an international level factored into their missions.

Class of 2013 Cadet Bryan Robbins took some time out of a typically busy schedule to pay a visit to the LCU2000, the Army's large landing craft used to transport vehicles, containers and cargo, anchored at South Dock Sept. 16.

His father had served on such a craft during his time in service, so Robbins wanted a closer look on board. Although he is looking to branch one of the combat arms, the Transportation Corps is still in his top five.

After all, he said, the Army can't move without them.

Following the Army Football game Sept. 17, the Combined Arms Tailgate was another opportunity for cadets to socialize with branch officers and learn more about their jobs with several branch booths lining the field behind the Foley Center.



Staff Sgt. Nathan Chapman, representing the Chemical Corps from Fort Leonard Wood, Mo., explains the capabilities of the M1135 Stryker to a cadet.



Fun for everyone at Kid's Day

(Above) Karen Emerson and her brother Charles volunteered to make balloon animals, a big hit at the Kid's Day Festival at the Lee Area Child Development Center Sept. 16. Kid's Day is an annual event hosted by Youth Services and the Boys and Girls Club to provide parents and children a fun day together. (Right) Direct from Sesame Street, Grover was a popular attraction as Asie O'Neil gets a big hug from the furry character. This is the eighth year the event has been held at West Point. Highlights of Kid's Day included ice cream sundaes and other snacks, a bouncy house, a Museum of Hudson Highlands' display of snakes and turtles, a band, volleyball and a West Point fire truck display.

PHOTOS BY KATHY EASTWOOD/PV



SHARP Response Team

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(Above) The Director of Officiating for the NFL, F. David Coleman, brought a panel of professional officials to West Point Sept. 16 to teach a little of their trade to cadet coaches and referees in company athletics football. Coleman is a West Point Class of 1973 graduate.

NFL officials prepare cadet referees, coaches for season

Story and photos by Mike Strasser
Assistant Editor

More than 75 company athletics football referees and coaches received lessons from the pros during an NFL Officiating Clinic at Arvin Gymnasium Sept. 16.

F. David Coleman, a West Point Class of 1973 graduate and director of officiating for the NFL, brought some of the league's top officials to West Point to teach a little of their trade to the cadets under the auspices of the Department of Physical Education.

To be a better official requires not only a knowledge of the fundamentals, but a passion for the game as well.

"It's football, and that's why we got into it. We love football," Scott Green, 21-year league official, said.

Children don't dream of becoming NFL referees when they grow up, Tom Barnes, a 26-year official said. "It's something you either love or you just don't do it."

As head linesman, Barnes makes all the calls on the line of scrimmage before the ball is snapped.

"There's a lot of things happening, and they happen fast," Barnes said. "Your thought process has to speed up with the speed of the game."

One piece of advice offered to the cadets was to catch the action in a fixed position. Too much body movement will alter the way an official sees the play. It was also advised to keep a running dialogue of the action while it happens to record all the details mentally.

Class of 2012 Cadet Stephen Schutte is a second-year official, having covered the handball contests last year before switching to football this time around. Getting guidance from the pros was an invaluable experience, Schutte said, and he admired the confidence they projected in their job.

"The way they stood, spoke and used their hands to make gestures and signals was very deliberate," he said. "It made anything they said sound like it was final and that there was no use trying to debate it."

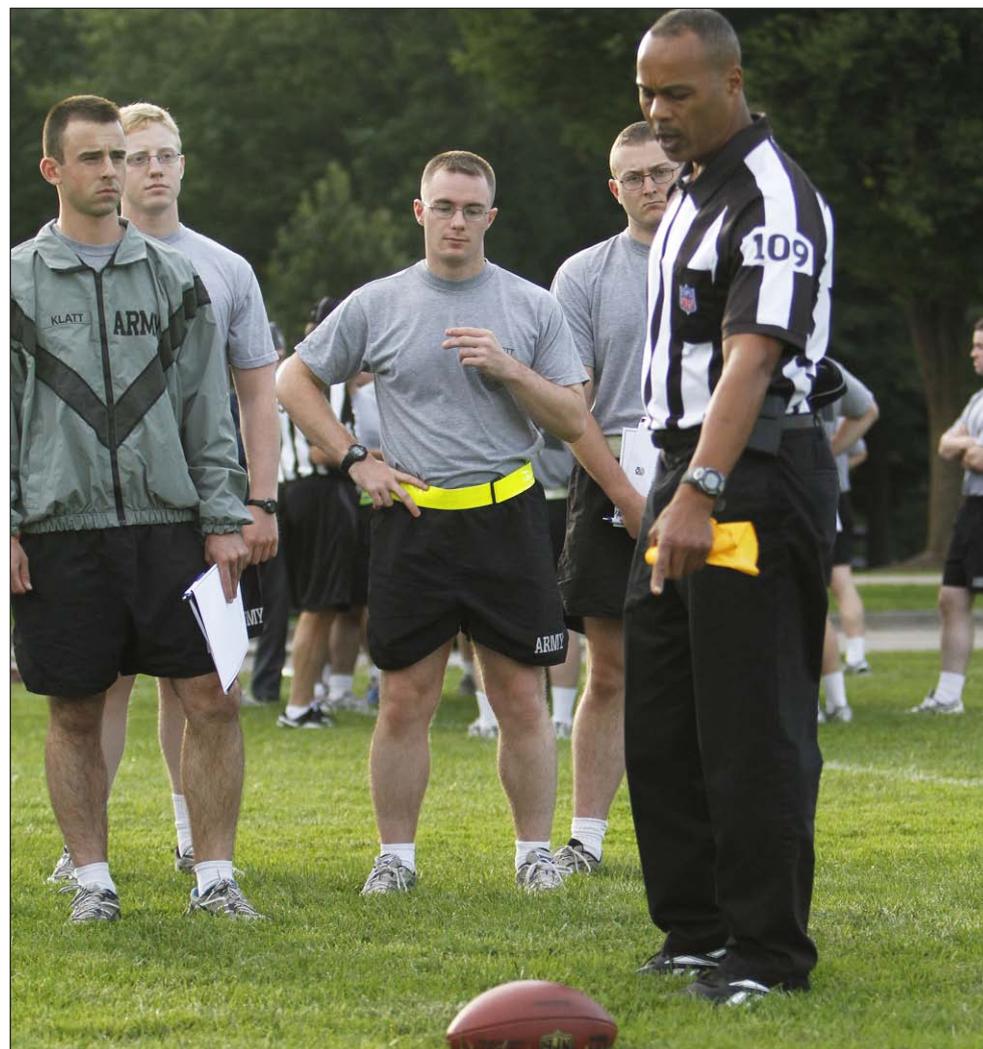
Nor should they be debated. Many cadets were surprised to learn that an officiating staff of seven making calls on 155 plays per game will get 98 percent of them correct.

Class of 2012 Cadet Scott Gross has played three years of company athletics football but has to make the switch to officiating because of a thumb injury.

"The biggest thing I took away from the clinic was the need for a calm demeanor and thick-skinned objectivity needed to be a successful ref," Gross said. "Learning the hand motions for each call and where to stand on the field can be gleaned from reading a handbook. What the NFL crew provided us in the way of applying that knowledge to the game and projecting a commanding presence on the field was invaluable."

Scott said the challenge for a crew of four during a game is to catch all the penalties.

"The learning curve will be steep but I have confidence we'll quickly figure out what to look for so we can make accurate and timely calls to keep the game safe and fair," he said.



After some classroom instruction where NFL officials answered questions from the cadets, the group went to Daly Field for some on-field drills. More than 75 cadets involved with coaching and officiating company athletics football attended the NFL Officiating Clinic Sept. 16.

In preparation for the intramural season, cadet officials were provided with classroom orientation sessions and used free time to watch films and review the rules and regulations for company athletics football. Cadet officials applied their training while officiating scrimmages.

"DPE has provided us with an enormous amount of resources, including the NFL Clinic, with which to prepare ourselves for the games," Gross said. "Utilizing those resources throughout the season as well as simply watching NCAA and NFL games on the weekends will give us a better overall understanding of officiating and the confidence to back up our decisions every time we throw the flag or blow the whistle."

As a West Point cadet, Coleman had to switch from playing intramural football to officiating due to requirements at the time. He would have preferred playing the game and never realized how much officiating would later impact his career. The Football Officiating Academy was launched in 2009, he said, as a strategic initiative to engage young adults and develop the talent to perhaps one day officiate in the NFL. The clinic at West Point was an extension of that program.

"I sincerely think that this clinic contributes to their leadership development," Coleman, a retired lieutenant colonel, said. "The experience one has officiating football is, in essence, a leadership lab, where you have situations requiring quick decisions and must remain organized and professional while keeping other members of the crew focused on what's going on."

On Daly Field, the cadets worked with the NFL officials on offensive and defensive drills and goal line mechanics. It was also an opportunity to ask more questions specifically about what the cadets will experience on the field.

"I realized that 'refing' can actually be pretty fun," Schutte said. "It's certainly an adrenaline rush because you are scared you will mess up a call, but it feels good to leave the field on days where you believe that the game was played fairly because you had something to do with it."

The company athletics program also benefited recently from a similar clinic hosted by NBA staff and officials, coordinated through Class of 1976 graduate Rob Johnson, a senior vice president for referee operations for the NBA.

"This speaks very highly of the company athletics program when we can welcome two West Point graduates who are willing to come back and share their experience and leadership lessons with the cadets," Dr. Ralph Pim, Department of Physical Education, said.

West Point youth learns about hurricane communications

By Jodi Gellman
Balfour Beatty Communities

It had been awhile since hurricane (tropical storm)-force weather hit the east coast and West Point. Many

residents in family housing had never experienced such weather before, including 2 1/2-year-old Noah Taylor.

So when the phone began ringing with recorded messages and updates from Randy Tucker, the community manager for Balfour

Beatty Communities, about Hurricane Irene, Noah and his mom listened. After the calls, his mom explained what the calls meant.

“Hurricanes are scary, especially if you have never been through one before,” Tucker explained. “So it was critical to give our residents as much information and assistance as we could.”

Balfour Beatty Communities used its voice broadcasting system before, during and after Hurricane (Tropical Storm) Irene to send critical information and updates about the storm to its residents.

Voice broadcasting, also referred to as phone or message broadcast, is a mass communication technique that sends a pre-recorded phone message to the hundreds of family housing residents at West Point in a very short period of time. In addition to the phone messages, Tucker and his team issued emails and postings to the BBC Facebook page and website (<http://westpointfamilyhousing.com/>).

The messages and postings contained such things as the steps to take to keep safe, belongings to store or secure, items to have on hand, the status of the storm, the post’s

status and emergency phone numbers, including Balfour Beatty Communities staff personal cell phone numbers in case the land lines went down.

The BBC staff kept residents assured that the maintenance staff was acting and responding to the emergency calls for things like water infiltration from the storm.

“We were also able to use these lines of communications to dispel rumors,” Tucker said, “like the drinking water was not contaminated and safe to use.”

The Balfour Beatty team also notified residents in specific neighborhoods about steps that were being taken before the storm hit to mitigate problems during it such as the cleaning of storm drains and the pumping of septic tanks.

“We tried to communicate non-stop whenever there was new news to update,” Tucker said.

When little Noah and his mom came into the office after the storm with a drawing to thank him for keeping all of them safe through his guidance and updates, Tucker felt he and his staff had succeeded in their communication efforts.

Tucker’s thought of their visit—“Cool.”

Potential information breach may affect NAF retirees

By Robert Dozier
IMCOM Public Affairs

A compact disc containing the personal information records of nearly 25,000 non-appropriated fund retirees was lost in the mail between Alexandria, Va., and San Antonio during the final week of August.

The potentially compromised information contains names, social security numbers and other information, such as type of retirement, retirement date, amount of life insurance carried, term data and dates of service. Some records may

also contain birth dates.

Retirees who are at risk have been sent notification letters advising them of the data loss and actions they can take to protect their identities.

Concerned retirees should call 210-466-1640 from 8:30 a.m.-6 p.m. weekdays to determine if they were included in the database and to learn how to guard against misuses of the information.

This incident is being investigated by the Installation Management Command and the Army’s Computer Emergency Readiness Team.

Cadet Activities Update

Domestic Affairs Forum: Eleven cadets in the Domestic Affairs Forum attended an event in celebration of Constitution Day at the National Archives in Washington, D.C, Sept. 13. The highlight of trip was a speech by Pulitzer Prize winning author David McCullough.

The cadets were able to speak with McCullough following his remarks. They also toured the National Archives and received a class from the staff on how to conduct research with original texts.

Speech Team: The Speech Team ventured to their first competition of the year Sept. 9-10, testing new pairings and trying new cases. This past weekend the team traveled to Smith College in western Massachusetts. The team had four teams competing, two novice teams and two varsity teams.

The varsity teams in one round took on their always formidable Yale counterparts and performed exceptionally well. The novice teams showed, once again, that there is a bright future for USMA Speech. The topics of the rounds ranged from a proposition that "the government should arm all impoverished, urban citizens" to "should the government subsidize non-organic farms?" The team next travels to the annual Swarthmore Novice Tournament.

Orienteering Team: Sixteen cadets competed at the Hudson Valley Orienteering Club's National Orienteering Day event Sunday at Hudson Highlands Nature Museum, Cornwall.

Class of 2015 Cadet John Hensley Williams posted the fastest time of the event, with a 44:47. Class of 2012 Cadet Hannah Burgess placed first in the women's category with a time of 46:17. Newcomers, Class of 2015 Cadets Carl Adams and William D. Miller, recorded good times on the intermediate course.

Skeet and Trap Team: Twenty-one cadets and an officer representative from the Army Skeet & Trap Team traveled to Weston, Conn., to compete against the Weston Gun Club in Sporting Clays Sunday. Sporting Clays tests shotgun shooters' abilities to engage and destroy targets coming from multiple angles and distances and challenges shooters in ways skeet and trap do not. The Weston Gun Club scored 410 to Army's 390 targets.

Judo Team: The West Point Judo Team traveled to the New Jersey Institute of Technology in Cranford, N.J., Sept. 17 and Sunday, to compete at the 45th East Coast Judo Championships.

In the novice division, West Point brought six medals home while participating in six divisions. Cadets Joseph McKenna, Mike Miranda and Patrick Diehl took first in their respective divisions while Cadets Joel Puritz and Garrett Schubert took second and Cadet Joshua Pennell placed third. In the brown belt division, several novice players also took part and excelled with four overall medals.

Cadet Austin Bowman, a green belt athlete, beat five brown belts for a second place medal. Cadets Steven Patten and Justin Adkins took second place while Cadet Charles Bennett brought home the bronze.

The women's team fought with tenacity and high intensity versus national and international athletes. Among these athletes was Kathleen Boyosse, a former Junior World Champion. Cadet Juliet Talavera placed second in the 52kg division while Cadet Larisa Tudor dominated all her competition at the 63kg including two black belts to bring home the gold.

The black belt division was lead by a stellar performance by Cadet Patrick Singley. Fighting at the under 220 division, Singley defeated three opponents by perfect throws to bring home a silver medal. Cadet John Barnes, after losing his first match with a very controversial decision against an international athlete, fought through five black belts to place fifth in a division where all top spots went to international players from South America and Morocco.

Cadets Sung Won Jung and Patrick Cronin also defeated black belt athletes during their performances. West Point Judo finished with 27 perfect throws, 17 pins, 15 matches won by submission, defeated 14 black belts and brought home 14 medals.

Cycling Team earns third national title

Submitted by the
West Point Cycling Team

The West Point Cycling Team captured its third national title with its win at the 2011 USA Cycling's Collegiate Track Championships Sept. 15-17.

The team traveled to Indianapolis to compete at the Major Taylor Velodrome where they were greeted with fierce and exciting competition on each of the three days of competition.

West Point qualified and fielded a team in each of the 11 competition events.

Each competition proved to be tight amongst the competitors with mere hundredths of a second variance in the time between placings.

The West Point team won four, placed second in two and third in five of the 11 races to score a total of 907 points out of a possible 1,134 to win the DII Team Omnium Competition.



The West Point Cycling Team claimed its third national title after competing Sept. 15-17 at the 2011 USA Cycling's Collegiate Track Championships in Indianapolis. WEST POINT CYCLING TEAM PHOTO



The West Point Women's Black and Gold Team Handball Teams trained in Lake Placid Sept. 16-18.

Women's Handball trains with U.S. National Team in Lake Placid

Story and photo submitted
by Maj. Adam Sawyer

The U.S. National Women's Team Handball Team welcomed West Point's Women's Black and Gold Team Handball Teams to the Olympic Training Center in Lake Placid Sept. 16 through Sunday.

The national team is training there for the Pan-American Games starting in October. Over the course of the weekend, the three teams (U.S. National, West Point Black and West Point Gold) trained together so that everyone could sharpen their handball skills.

The teams participated in a combined practice led by the national team's head coach, Chris Cappelmann. The

teams used the time to improve fundamentals, passing, offensive movement and communication on defense.

The national team played West Point's Black and Gold team Sept. 17 in head-to-head competitions. This was the first competition of the season for all three teams. The U.S. National Team prevailed against both West Point teams, but the time proved to be a valuable experience for the West Point players as they witnessed the caliber of competition at the international level. On Sunday, the athletes formed mixed teams of six for a quick tournament before they departed. West Point Women's Team Handball looks forward to its first tournament of the season Sept. 30 at the University of North Carolina.



Participating in the volunteer work over Labor Day weekend were Cadets Ryan Borja, Joshua Evans, Cory Burdick, Peter Coppernol, Alex Sullivan, Zac Clark, Joel Bassette, Eric Triller, James Bassette, Anthony (Ben) Grady, Greg Trahan and Meg-Ann Braun.

Cadets labor in Vermont

Story and photos by John Bassette
West Point Parents Club of Vermont President

Over the Labor Day weekend, a dozen West Point cadets traveled to Vermont to volunteer on several projects following the havoc caused by Tropical Storm Irene.

They rebuilt a stone bridge, culvert and driveway for an elderly lady in the town of Woodstock where her home was inaccessible because of significant flooding. This involved the hands on development of new building skills for many, great coordination by all and a strategic use of a small labor force.

The cadets then proceeded to engineer a transport for two significant town culvert pipes that the town of Hartland road crew had not taken time to address because of the difficulty of the task.

A 35-foot long, 5-foot in diameter steel culvert pipe had been forced more than 200 yards downstream and was wedged in the riverbed

by torn up tree roots. The pipe needed to be disassembled, winched and dragged up to the main highway and brought back to the initial washout area. This involved West Pointers functioning as everything from state highway road crew stopping and directing traffic, to dual personal vehicles pulling each other, along with the multi-thousands of pound culverts back to the place of origin.

The improvisation was impressive and involved the acquisition (and return) of various cables, shovels and tools needed to finish the task along with using brute force to accomplish their goals.

The next day they proceeded in convoy to the town of Plymouth where extreme devastation had occurred to multiple families. They saw the total loss of property and homes all washed downstream and destroyed, as they were crushed by bridges that grudgingly made way, until they were torn away by forces of nature.

When they arrived at an elderly lady's



West Point cadets covered a lot of ground over the Labor Day weekend helping in various reconstruction projects in Vermont following the havoc caused by Tropical Storm Irene.

home to request the opportunity to help, the cadets were met with tears and an overwhelming sense of gratefulness. This work involved everything from chain saws to sledgehammers, to trucks and chains.

Another family was faced with such loss that they merely asked for the cadets to travel downstream and pick up certain personal items that would help them create some sense of closure and extend an ability to rebuild. The after-hours discussions with the cadets on this subject were sobering and serious.

This tireless group of individuals made a final Sunday afternoon effort in the

town of Bridgewater as they, by convoy once again, pulled off a significant state highway (now one lane) and volunteered their labors to an individual who had lost his home one mile downstream. The remaining property was a disaster of roots, equipment from upstream neighbors, tangled greenhouses and the only remaining structure was the metal framed garage that had been submerged in eight feet of water and had two feet of mud in the building.

The clean up was pure manual labor, sorting through mud to find tools, wrenches and extensive yard clean up.



A Moving Tribute

Ten cadets from the West Point Swimming and Diving Team participated in a 9/11 memorial run Sept. 11 at Liberty State Park in Jersey City, N.J. All day long, cadets ran alongside Soldiers and friends of Team Red, White and Blue. West Point tactical officers and cadet candidates from the U.S. Military Academy Preparatory School also participated. More than 200 runners, including 40 cadets, 20 USMAPS cadet candidates, past graduates and active duty officers and NCOs contributed to this "moving tribute" to the 2,977 men and women who lost their lives on 9/11. Seven participants ran 56 miles through the night from West Point to Liberty State Park to meet the other runners, where they held a minute of silence, facing Ground Zero at 8:46 am. before taking part in the relay.

PHOTO BY ROBERT MURPHY

FMWR Blurbs

Fall ceramic classes

The West Point Arts & Crafts Shop is offering family and adult ceramic fall and Halloween painting classes from 5:30-7:30 p.m. tonight.

Registration for these classes is required. For more information, call 938-4812.

West Point Oktoberfest

FMWR presents Oktoberfest from 4-9 p.m. Friday and from noon-8 p.m. Saturday at the H-Lot Field.

Enjoy traditional German food, drink and music with American flair.

There will be live bands, a weiner dog race, Orange Co. Cops & Rodders car show (Friday), Mr. and Mrs. Oktoberfest contest (Saturday), a Kinder Korner (Saturday), FitComp and Oktoberfest Olympics.

The event is open to the public.

For more information, call 938-6497.



Kids Bike Rodeo

Kids Bike Rodeo

The Kids Bike Rodeo, originally scheduled for Aug. 27, is now from 10 a.m.-noon Saturday at the AAFES (H-Lot) parking lot.

For more details, call 938-4585.

Family Style Italian Dining

Enjoy Family Style Italian Dining at the West Point Club from 6-10 p.m. Monday. The event includes live music.

For more information, call 938-5120.

Art EDGE! for Middle School & Teens

Paint a wooden plaque, "Home is Where the Army Sends Us," and design your initial/monogram plaque during an Art EDGE! program.

The class is free to grades 6-12 at the Youth Center, from 3-4:30 p.m. Wednesday.

Enroll at Parent Central, Lee CDC, Bldg. 140, or call 938-4458/0939.

Class size is limited.

Celebrate "The Rocky Horror Picture Show"

Join the West Point Club for its celebration of "The Rocky Horror Picture Show" from 7 p.m.-midnight Sept. 29.

Watch the movie on the big screen in the Club's Grand Ballroom, play along with props, enter the costume contest for best character, dance and just have good-old fashioned fun.

Cash bar and bar menu are available all night.

For more information, call 938-5120.

Art EDGE! for school-age children

Art EDGE! is offering classes to design ballerinas, planes or trains for children in grades 1-5 from 3:30-4:30 p.m. every Friday through Sept. 30.

Classes are held at Lee CDC.

Enroll at CYSS Parent Central or call 938-4458/0939.

Hired! Program workshops

Teens ages 15-18 who are interested in working and meet the Hired! Program requirements can earn \$500 for working 15 hours a week for 12 consecutive weeks.

Hired! workshops are offered for free at the Youth Services Bldg. 500 from 3-5:30 p.m.

ACS will be offering workshops Oct. 6, Nov. 3 and Dec. 1.

Interested teens can contact Marion DeClemente at 938-8889 or email marion.declemente@usma.edu.

Hunter Safety Course

There will be two Hunter Safety Courses held from 6-10 p.m. Oct. 14 and 9 a.m.-4 p.m. Oct. 15 at Bonneville Cabin, Round Pond.

For more information and to sign up, call 938-2503.

Youth sports coaches needed

CYSS Sports and Fitness is seeking volunteer coaches for youth soccer for the fall 2011 season.

If you are interested, call the Youth Sports Office at 938-8896.

Wee One Play Group hours of operation

The Wee Ones Play Group is 9:30-11 a.m. every Monday at the Lee Child Development Center.

For more information, call Shelley Ariosto at 938-3369.

FMWR community swim program September hours of operation

The community swim program September hours of operation are:

- Monday through Saturday—noon-1:30 p.m.;
- Monday and Wednesday—6:30-8:30 p.m.;
- Closed for home football game Saturday.

Check the information tape at 938-2985 for any changes to the schedule.

Youth swim coaches needed

Coaches are needed for the Youth Swim

Team.

For more information, call 938-3550/8896 or check out www.westpointmwr.com/ACTIVITY/YOUTH/sports_flyers/swimm_coach_recruitment.pdf.

Fit EDGE! Volleyball

Fit EDGE! Volleyball consists of six classes and is open to youth in grades 6-12.

The free classes take place on Mondays at the Youth Center (500 Washington Road) starting Monday through Oct. 31.

Enroll at CYSS Parent Central or call 938-4458/0939.

NEW INFO

Two-person Tip & Tuck Scramble

A two-person Tip & Tuck Scramble will be held at 8 a.m. Friday.

This challenging two-person scramble will have the tee markers tipped all the way back and tuck the pin locations in tough spots.

For more information and to register for the event, call 938-2435.

Post Library closures

The West Point Post Library, Bldg. 622, will be closed Monday and Tuesday for training. The library apologizes for the inconvenience. The library will re-open at 9 a.m. Wednesday.

Free English Language Learner classes

Army Community Service is offering free language classes designed to build fundamental English skills and increase self-sufficiency and proficiency in non-native English.

ACS offers fun-filled creative classes in an interactive environment with you in mind.

The first session of classes are Oct. 4, 11, 18 and 25 and then Nov. 1, 8, 15 and 22.

For more information or to sign up, contact Army Community Service at 938-3487 or Monica.Orecchio@usma.edu.

Art EDGE! for Middle School & Teens

Design a harvest pillow for your room during an Art EDGE! program.

The program is free to students in grades 6-12 at the Youth Center from 3:15-4:15 p.m. Wednesdays starting Oct. 5 and runs through Oct. 26.

Enroll at Parent Central, Lee CDC, Bldg. 140, or call 938-4458.

Mongolian Barbecue

Join the West Point Club from 5-8 p.m. Oct. 14 for a Mongolian Barbecue in the Pierce Dining Room.

It's your chance to create a culinary masterpiece.

It starts by making you the chef. Choose from a selection of beef, turkey, pork, shrimp and fresh vegetables, sauces and spices.

After your creation is complete, your food is weighed and then a club chef will assist you

by stir-frying your masterpiece.

No reservations needed, open seating only.

For more information, call 938-5120.

Monster Dash 5K

The FMWR Fitness Center presents the Monster Dash 5K Oct. 15.

Registration begins at 7 a.m. and the 5K starts at 8 a.m. The start and finish of the race will be at the AAFES parking lot (H-Lot).

Pre-registration begins at the FMWR Fitness Center two weeks prior to race day.

Race day registration will be at the start line.

Cadets can run for free. Strollers and leashed dogs welcome.

For more information, call 938-6490 or go to westpointmwr.com.

Strong Spouses and Young Heroes Deployment Support Groups

New deployment support groups for spouses and children will be held from 5:30-6:30 p.m. Oct. 7, Nov. 4 and Dec. 2 by the ACS Mobilization and Deployment Program in Bldg. 622.

The Strong Spouses Journaling through Deployment group discovers how to record thoughts, special events and milestones while sharing your feelings about your deployment experience with others.

Meet new friends and learn about helpful resources.

The Young Heroes Learning about Deployment group helps children gain support and have fun while learning about life in Iraq and Afghanistan through deployment-related activities.

Military youth are taught and recognized as heroes through this support group.

For more information and to register, call 938-5654.

What's Happening

Hispanic Heritage Month Observance

The installation EO Office and the William E. Simon Center for the Professional Military Ethic will be hosting West Point's annual Hispanic Heritage Month celebration at 4-7 p.m. Friday at Trophy Point.

The theme is "Many backgrounds, many stories, one American spirit."

For more information, call Master Sgt. Joe Willis at 938-7082 or Sgt. 1st Class Timothy Morgan at 938-8456.

Blast from the Past at New Windsor Cantonment

At 2 p.m. Saturday, Continental Army soldiers from the seventh Massachusetts Regiment will perform a military drill in front of the Temple Building at the New Windsor Cantonment.

Revolutionary War-era soldiers perform a military demonstration and fire a cannon. A gallery tour will follow the demonstration.

From 3:30-4:30 p.m., tour the nearby 1754 Ellison House, Knox's Headquarters.

The New Windsor Cantonment State Historic Site is co-located with the National Purple Heart Hall of Honor on Route 300, 374 Temple Hill Road, in New Windsor, just three miles south of the intersection of I-87 and I-84. Knox's Headquarters is located at 289 Forge Hill Road in Vails Gate.

For more information, call 561-1765, ext. 22.

High Holiday Worship information

Rosh Hashanah is the Jewish New Year, which begins the High Holiday season. There is a two-day holiday observance starting at sundown Wednesday which ends at nightfall Sept. 30.

Yom Kippur is the Day of Atonement, the holiest day on the Jewish calendar, and is a one-day Fast Day observance starting at sundown on Oct. 7 and concludes at nightfall Oct. 8.

These two holidays together comprise the High Holidays, for which the West Point Jewish Chapel is offering the following worship/observance opportunities:

- Wednesday—Rosh Hashanah (Jewish New Year) Evening Worship services, 7 p.m.;
- Sept. 29—Rosh Hashanah (1st day) Worship services, 9:30 a.m.;
- Sept. 29—Rosh Hashanah Evening Worship services, 7 p.m.;
- Sept. 30—Rosh Hashanah (2nd day) Worship services, 9:30 a.m.;
- Oct. 7—Yom Kippur (Day of Atonement) Evening

Worship services, 7 p.m.;

- Oct. 8—Yom Kippur Worship Services, 9:30 a.m.;
- Oct. 8—Yom Kippur Afternoon/Evening Worship services and break-the-fast meal, 5:30 p.m.

For more information, contact the Jewish Chapel Staff and/or Rabbi (Maj.) Shmuel Felzenberg at 938-2710.

The Jewish Chapel is located on-post at 750 Merritt Road.

10K Road Race (Police Chase) 2011

The 34th annual "Kelly Memorial" Police Chase 10K Road Race, 5K Run and Children's Fun Run takes place Oct. 2 at Thomas Bull Memorial Park, Picnic Pavilion in Montgomery. Registration is from 9:30-11 a.m.

The race is open to all runners. Refreshments will be served after the race.

For more information, go to www.rocklandroadrunners.org/pdfs/Policechase2011.pdf.

October Motorcycle Safety Courses

The West Point Safety Office is offering Motorcycle Safety Courses for staff and faculty who are active duty and reserve component military Oct. 19-20 and to cadets Oct. 20-23.

For more information, call the West Point Safety Office at 938-3717.

West Point Diving Club

The West Point Diving Club will be offering learn-to-dive lessons this fall at Crandall Pool in the Arvin Cadet Physical Development Center.

All ages and experience levels are welcome. The ability to swim is a prerequisite.

Lessons are offered from 6:30-7:30 p.m. Monday, Wednesday and Friday and from 11 a.m.-noon Saturday. There are also noon-1 p.m. and 1-2 p.m. Saturday lessons when available.

For more information, contact diving coach Ron Kontura at ron.kontura@usma.edu or 938-4207.

Girl Scout Heart of the Hudson, Inc. looking for oldest Girl Scout alumni

Girl Scouts Heart of the Hudson, Inc. will be celebrating Girl Scouting's 100th anniversary (officially March 12, 2012) with a yearlong series of events beginning this fall.

The search is out for the oldest living Girl Scout alumnae in each of the seven counties in its jurisdiction—Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester—and include them in the festivities.

They can send an email to alumnae100@girlscoutshh.org or write to Girl Scout Alumnae, 2 Great Oak Lane, Pleasantville, NY 10570.

Bowling league needs male bowler

The West Point Monday Night Mixed Bowling League needs a male bowler to complete one of its teams.

If you are interested in having a fun night of bowling, contact Paul Merritt, league secretary, at 938-6239.

NEW INFO

Higher Ground Men's Ministry

West Point's Higher Ground Men's Ministry is hosting a Morning Breakfast Cruise and Bible Study from 7:45-9:30 a.m. Saturday.

Boarding will start promptly at 7:45 a.m. at South Dock and the superintendent's boat will sail at 8 a.m. This is a free event for the men of West Point and the surrounding community. RSVP is encouraged to ensure meal accommodations. Send number of guests to michael.turner@usma.edu to reserve your space today.

Diversity Day Observance

The Installation EO Office, the Department of Foreign Languages and the William E. Simon Center for the Professional Military Ethic will be hosting this year's Diversity Day Observance at 6:30-8:30 p.m. Oct. 11 at Thayer Hall, third floor.

The theme is "Our diversity is our strength." The observance is meant to celebrate the diversity within the Corps of Cadets and the West Point community.

There will be food samplings, artifacts, information and performances at the event.

For more information, call Master Sgt. Joe Willis at 938-7082 or Sgt. 1st Class Timothy Morgan at 938-8456.

Free Computer Training

The Information, Education and Technology Division is offering free computer courses. The courses include Microsoft Office 2007 software such as Outlook, Word, Excel, PowerPoint, Access and SharePoint 2010.

Other courses offered are Computer Hardware and Software Orientation and a Keyboard Typing Skills Lab. Courses are given in Jefferson Hall, fourth floor, Room 414 (IETD Classroom) through July 27, 2012.

Courses are open to cadets, USMAPS cadet candidates and computer users from any USMA activity.

For more information, call Thomas Gorman at 938-1186 or send an email to Thomas.Gorman@usma.edu. For course dates, go to the IETD Course Calendar at <http://usma-portal/dean/staff/ietd/training/Pages/default.aspx>.

Family Day on Constitution Island

Family Day at Constitution Island is the last special event of the season from 10 a.m.-4 p.m. Saturday. Family Day is a perennial favorite for children of all ages.

The event will include animals to pet and photograph from Tilly Foster Farm, horse and wagon rides, Hudson River boat rides, birds of prey from Teatown Reservation, nature walks, hiking throughout the island and much, much more.

Boats will depart West Point's South Dock every hour on the hour. If you prefer, free parking is available at Cold Spring train station and a shuttle bus will be running to the island throughout the day.

There is a suggested donation. There is also free admission for children under six years old.

Take precautions against influenza, get vaccine when available

Submitted by Keller Army Community Hospital's Department of Preventive Medicine and Wellness

Influenza is a contagious respiratory illness caused by various influenza viruses. It can cause mild to severe illness and, at times, can lead to death.

Influenza season typically begins in the fall and runs through the winter months. January and February are the peak months for flu activity; however, flu season may extend into late spring.

The Centers for Disease Control and Prevention recommends annual influenza vaccinations for everyone above the age of 6 months. An annual vaccination is the best method for controlling influenza.

Getting vaccinated significantly reduces your risk of getting the flu and of transmitting the virus to those around you.

Vaccination against influenza viruses is especially important for certain persons such as pregnant women, older adults, persons with chronic medical conditions and young children, because they are at higher risk of complications

from influenza.

Additional methods to protect yourself from getting the flu include coughing or sneezing into a tissue, your sleeve or elbow—not your hands.

Washing your hands often with soap and water for at least 20 seconds or using an alcohol-based hand cleanser also provides protection.

Keeping your hands away from your face—don't touch your mouth, hands or eyes, keeping frequently used surfaces clean and staying home from work, school and social gatherings if you have flu-like and feverish symptoms can also assist in preventing the spread of this illness.

Influenza vaccine is generally shipped to hospitals in a series of installments throughout the season. Keller Army Community Hospital has already received a series of these shipments.

We are currently prepared to begin vaccinating those individuals who are at greatest risk for experiencing serious complications from the flu.

Eligible beneficiaries, who are considered to be 'high risk,' will either be contacted by the clinic where they receive

care or they will be offered the influenza vaccine during their regularly scheduled appointments.

Specific dates for vaccination of cadets, active duty servicemembers and other beneficiaries will be announced once dates and vaccination locations are finalized.

For additional information and updates, contact the KACH flu vaccine information line at 938-6398.

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752.

Friday—Captain America:

The First Avenger, PG-13, 7:30 p.m.

Saturday—Zookeeper, PG, 7:30 p.m.

Saturday—Cowboys and Aliens,

PG-13, 9:30 p.m.

THE THEATER SCHEDULE ALSO CAN BE FOUND AT

WWW.AAFES.COM.

Keller Corner

Suicide Prevention is everyone's business

September is National Suicide Prevention Month and it's important to have phone numbers in hand for an emergency situation. To find a Behavioral Health provider, call:

- North Region: 877-747-9579;
- West Region: 866-651-4970;
- South Region: 877-298-3514.

24-hour crisis/suicide assistance line:

- North Region: 800-273-Talk (8255);
- West Region: 866-284-3743;
- South Region: 904-254-2313.

• VA and National suicide prevention life line: 800-273-8255.

• Military One Source suicide prevention life line: 800-342-9647.

Walgreens and your retail pharmacy benefit

Walgreens has publicly announced it will stop participating as a provider in the Express Scripts pharmacy network starting Jan. 1, 2012.

The prices Walgreens offered to Express Scripts for filling prescriptions would cost TRICARE more than other pharmacies filling the same prescriptions. It would mean the cost to TRICARE would increase.

Every dollar of cost savings from the discounted prices we negotiate with network pharmacies results directly in savings for the TRICARE program.

Walgreens remains in the pharmacy network through Dec. 31, but the time for you to act is now.

If you fill a prescription at Walgreens after Dec. 31, you will pay 100 percent of the cost and you will need to file a paper claim for non-network benefit reimbursement.

For more information, view your detailed co-payment/cost share information at <http://tricare.mil/mybenefit/home/Prescriptions/Costs>.

To avoid potential disruption to your medication, it is important for you to take action now.

The find a pharmacy tool at <http://www.express-scripts.com/TRICARE/pharmacy/> will help you quickly find local network pharmacies convenient for you.

If you have questions, call Express Scripts anytime at (877) 885-6313.

TRICARE reduces pharmacy home delivery co-pay

As of Oct. 1, beneficiaries using the TRICARE Pharmacy Home Delivery may fill generic prescriptions at no cost. Remember—TRICARE Pharmacy Home Delivery co-pays cover up to a 90-day supply of medications. Network Retail Pharmacy co-pays are for up to a 30-day supply.

There is a clear savings if you use the TRICARE Pharmacy Home Delivery.

	Home Delivery	Network Retail Pharmacy
Generic:	\$0	\$5
Brand name:	\$9	\$12
Non-formulary:	\$25	\$25

Flu Vaccine Information Line

Specific dates for vaccination of cadets, active duty servicemembers and other beneficiaries will be announced once dates and vaccination locations are finalized.

For additional information and updates, contact the KACH flu vaccine information line at 938-6398.

Weekly Sudoku by Chris Okasaki, D/EECS

	3							
					2	4		1
9		7			6			
		8			3	7	5	
				4				
	4	5	9			2		
			5			8		3
4		2	1					
							2	

Rules: Fill in the empty cells with the digits 1-9 so that no

digit appears twice in the same row, column, or 3-by-3 box.

See SUDOKU SOLUTION, Page 2 Difficulty: Very Hard

Command Channel 8/23

Sept. 22-29

(Broadcast times)

Army Newswatch

Today, Friday and Monday through Sept. 29

8:30 a.m., 1 p.m. and 7 p.m.

The Point

Today, Friday and Monday through Sept. 29

8 a.m., 10 a.m., 2 p.m. and 6 p.m.

Life Works

at Balfour Beatty Communities

• **Story Time and Craft**—Celebrate Johnny Appleseed's birthday at 126 Washington Road from 10:30-11:30 a.m. Monday. Children can create a craft to go with the story.

Healthy apple snacks and birthday cake will be served.

To register for this event, email Jodi Gellman at jgellman@bbcgrp.com or call 446-6407.

West Point Glee Club concert

The West Point Glee Club hosts KICK, a community choir from Larvik, Norway, in a joint concert at 7:30 p.m. tonight at Eisenhower Hall Theatre. The West Point community is invited to the free concert.

Volleyball continues good stretch, now 8-4 heading into PLs



Sophomore middle blocker Megan Wilton, 2010 Patriot League Rookie of the Year, led Army in kills (39), hitting percentage (.355) and blocks (6.0) over three matches at the Yale/Quinnipiac Tournament. She was named to the All-Tournament Team after leading Army to wins over Quinnipiac (3-1) and New Hampshire (3-2).

MIKE STRASSER/PV

By Tracy Nelson
Army Athletic Communications

The Army volleyball team split a pair of five-set matches on the final day of the Yale/Quinnipiac Tournament Sept. 17 to move to 8-4 on the season. The Black Knights opened the morning with a 3-2 win over New Hampshire, but fell to host Yale in the nightcap, 3-2. Army went 2-1 for the tournament.

Junior outside hitter Ariana Mankus totaled 16 kills in each match to lead all players. She also registered a double-double in both contests, as did freshman setter Mary Vaccaro (assists, digs). Senior middle blocker Rachel Willis combined for 28 kills and hit better than .250 in both matches, while sophomore middle blocker Megan Wilton totaled 13 kills in each match. Willis and Wilton represented Army on the All-Tournament team following the action on Sept. 17.

Sophomore libero D.J. Phee represented Army's digs leader for both contests, while Vaccaro totaled 99 assists on the day.

Army and New Hampshire traded sets before the Black Knights cruised to a 15-7 victory in the fifth to clinch the morning match. It was a battle of momentum as both teams registered convincing wins throughout the match. The win kept the Wildcats winless at 0-14.

Mankus totaled 16 kills to lead all players, while her 12 digs completed the double-double. Wilton and junior Francine Vasquez both finished with 13 kills and hit around .300 for the match. The Black Knights hit for a blistering .643 percentage in the deciding set, racking up 11 kills and just two errors in 14 attempts.

The match featured just 10 ties and five lead changes throughout the five sets. Nine ties and five lead changes occurred during the opening set. Army and UNH traded points before the Black Knights prevailed (25-22). A Wildcat miscue broke an 18-18 tie and ignited a 7-4 Black Knight run to close the set. Willis registered two kills, while Mankus and Wilton came away with one kill each, during the decisive spurt.

New Hampshire rallied to tie the match at 1-1 with a convincing 25-14 win in set two, while the Black Knights delivered a crushing 25-11 win in the third set. New Hampshire led wire-to-wire in the fourth on its way to a 25-19 win to force the fifth set.

Army made a statement out of the gate, scoring the first eight points unanswered with Vaccaro at the service line. Four of the first eight points came via Army kills. The Black Knights continued to cruise the rest of the way, while a Wilton kill put the exclamation point on the nearly two-hour affair.

Army and Yale battled for two hours and 15 minutes before the Bulldogs scored the 3-2 win. The entire match featured 30 ties and 11 lead changes, while four of the five sets were decided by a total of 12 points. The Black Knights let a 2-0 lead slip away.

Army took a 1-0 lead with a 25-21 victory in the opener. The Black Knights broke an 18-18 tie on a Yale error and went on to score seven of the final 10 points of the set. Mankus (two kills) and Wilton (one kill) helped the Army attack during the run, while Vaccaro and Wilton teamed for a pair of double-blocks.

The Black Knights kept the upper hand in the second session, breaking a 23-23 tie with on a Phee service ace. Army senior co-captain Fabiola Castro proceeded to notch back-to-back kills to end the set in Army's favor (25-23). Yale came out in the third to score a 25-21 win. The Bulldogs held a 17-7 lead midway through the action. Army did come alive down the stretch and actually scored 14 of the final 22 points, but the early deficit was too much from which to recover. The Black Knights pulled within three (24-21), but Yale's Allie Frappier came up with the set-ending kill.

The Bulldogs dominated the fourth set, but not until later in the action. The teams played back-and-forth to start. Yale broke a 12-12 tie with five unanswered points and Army would get no closer the rest of the way. The Bulldogs tied the match with a 25-15 victory.

The fifth set alone featured seven ties with the final coming at 11-11 on a Vasquez kill. The Bulldogs scored three of the next four points and served for match-point with a 14-12 lead. A Mankus kill kept Army alive, but the Bulldogs went on to end the match thanks to a McHaney Carter kill.

Army travels to the Lehigh Valley for its first two Patriot League contests, taking on Lehigh Friday and then Lafayette Saturday.

Black Knights face Ball State, look to even their record

By Army Athletic Communications

After two straight home games, Army (1-2) hits the road to face Mid-American Conference foe Ball State (2-1). Kickoff is scheduled for 2 p.m. Saturday at Scheumann Stadium.

Both teams are coming off thrilling victories last week. The Black Knights got in the win column with a 21-14 decision over Northwestern, while the Cardinals opened MAC play with a 28-25 win against Buffalo. Army scored the game-winning touchdown with just 2:49 left in the game and then held the Wildcats on their final drive. The Cardinals scored their game winner with only 29 seconds left on the fourth-quarter clock.

The game will be video streamed on ESPN3 with Michael Reghi doing the play-by-play and Adam Archuletta providing the color analysis.

Listen to the game on the radio on the Army Sports Network.

Hear all the action on WABC 770-AM New York, WALL 1340-AM Middletown, WEOK 1390-AM Poughkeepsie or Sirius Satellite Radio (Channel 134).

Rich DeMarco will provide the play-by-play action while Dean Darling provides the color commentary.



Sophomore slot back Raymond Maples was one of three Black Knights to gain at least 79 yards against Northwestern Sept. 17. He finished with 95 yards.

TOMMY GILLIGAN/WEST POINT PUBLIC AFFAIRS

Coaching Match Up

- Army head coach Rich Ellerson
Alma Mater: Hawai'i, 1977
3rd Season at Army (13-15, .464)
12th Season Overall (73-56, .566)
Record vs. Ball State: 1-0
- Ball State head coach Pete Lembo
Alma Mater: Georgetown, 1992
1st season at Ball State (2-1, .667)
11th Season Overall (81-37, .686)
Record vs. Army: 0-0

Black Knights Recap

• After an 0-2 start, the Black Knights will be attempting to get to the .500 mark for the first time this season.

Despite posting a 7-6 record and scoring a bowl victory in 2010, Army has not won consecutive games since weeks three and four last season.

The Black Knights have won at least two straight games on two occasions under head coach Rich Ellerson and only seven times

since 1997.

Army's longest winning streak during that stretch was a four-game run to end the 2005 campaign.

• The Army rushing offense continued to post some of the best numbers in the nation in the victory over Northwestern.

The Black Knights ran for 381 yards, their third straight game with more than 300 yards on the ground.

Army enters this week's action with the country's second-ranked rushing offense at 362.33 yards per game.

• Army's early-season rushing success has led to a huge time of possession margin.

The Black Knights lead the country, holding the ball for an average of 38 minutes, 30 seconds per game.

• Junior quarterback Trent Steelman posted his second straight game with more than 100 rushing yards and three rushing scores with his 108-yard effort in the win over Northwestern.

Steelman has scored Army's last six touchdowns, all of them on the ground.

• Defensively, Army has limited its last two opponents to an average of just 18.5 points and 300.5 yards of total offense.

Senior linebacker Steven

Erzinger leads the team with 34 total tackles and 4.5 tackles for loss.

Scouting the Cardinals

• Ball State is led by first-year mentor Pete Lembo. Lembo has guided the Cardinals to a 2-1 start, including a 27-20 win over Indiana at Lucas Oil Stadium in Indianapolis in his first game on the Ball State sideline. Lembo, a 1992 Georgetown graduate, owns an impressive 81-37 record as a head coach.

• The Cardinals opened MAC play with a come-from-behind 28-25 home victory over Buffalo Sept. 17.

With Buffalo in front 25-21, Ball State scored the game-winning touchdown when Keith Wenning hit Willie Snead for a four-yard touchdown with just 29 seconds left. The Cardinals no-huddle attack racked up 400 yards of total offense, 174 passing and 226 rushing.

Jahwan Edwards ran for 112 yards and two touchdowns, while Wenning completed 24 of his 36 pass attempts for 226 yards and two scores.

• The Cardinals lone loss of the season came at 22nd-ranked USF (37-7).

• Offensively, Ball State is averaging 20.7 points and 336.0 total yards per game. Edwards leads the ground attack that is averaging 153.7 yards per contest with 237 yards and three touchdowns on 45 carries.

Wenning is the only Ball State player to attempt a pass, hitting 71 of his 100 throws for 547 yards and four touchdowns.

• On defense, the Cardinals allow 27.33 points and 415.67 yards per game. Junior linebacker Travis Freeman leads the team with 29 total tackles.

Sophomore defensive tackle Nathan Ollie leads the team with 5.0 tackles for loss, including 3.5 quarterback sacks.

Last impression: Finding Balance

• Army had its most balanced production in the running game in the Rich Ellerson era during its victory over Northwestern.

In addition to quarterback Trent Steelman's 108 rushing yards, sophomore slot back Raymond Maples and junior slot back Malcolm Brown rushed for 95 yards and 79 yards, respectively.

• It was the first time since the 2008 season that three Black Knights rushed for at least 75 yards in the same game.

The last time three players hit the 75-yard mark was Nov. 8, 2008 at Rice when Collin Mooney rushed for 207 yards, Bryson Carl collected 85 yards and Wesley McMahan added 83 yards.

Army, Kim finish second at Bucknell Invite

By Ryan Yanoshak

Army Athletic Communications

Sophomore Anthony Kim tied for second and junior Matt Philie tied for sixth as the Army golf team rallied to finish second at the Bucknell Fall Invitational Sept. 17 at Bucknell Golf Course.

Philie fired a two-under-par 68 and finished at 214 for the championship while Kim shot a 75 in the final 18 holes for a 213 total.

Army began the day tied for fifth place, but shot a 285 to place second in the 13-team event at the par-70, 6,224-yard course.

The Black Knights shot 295-286-285—866 and finished nine strokes behind Longwood. Austin Gray of Longwood won the tournament with a 54-hole total of 208.

Kim shot back-to-back rounds of 69 during the 36-hole opening day Sept. 16 and then finished five strokes behind the winner with a 75.

Philie shot a 71 during second round action Sept. 16 and then posted a 68 Sept. 17 for a 214 total and tie for sixth. Senior William Park tied for 11th following a one-under-par final round 69 left him at 216 for the championship.

Junior David Marx improved in each of his rounds and shot a 73 Sept. 17 for a 225 and tied for 38th. Senior Ethan Johnson shot a 76 and was at 229. Sophomore Brandon Baerwaldt competed as an individual and tied for 11th with a one-over-par 71 and 216 for the tournament.

